

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Supplementary Budget Estimates 2012-2013, 17 & 19 October 2012

Question: E12-251

OUTCOME 1: Population Health

Topic: DIETARY GUIDELINES – HEALTHY EATING GUIDE

Type of Question: Written Question on Notice

Number of pages: 2

Senator: Senator Fierravanti-Wells

Question:

The plate visual is Australian Guide to Healthy Eating of this process that has high impact in the broader community.

- a) How the Australian Guide to Healthy Eating developed?
- b) How does the NHMRC ensure the Australian Guide to Healthy Eating accurately and effectively depicts the content of the Dietary Guidelines?
- c) Is the Australian Guide to Healthy Eating tested with consumers?

Answer:

- a) The revised draft Australian Guide to Healthy Eating (the Food Plate) was developed using the following sources:
 - The comprehensive Evidence Report (representing over 50,000 studies)
 - The extensive and internationally recognised technical modelling (called the Food Modelling System), and
 - Nutrient Reference Values for Australia and New Zealand (2006).
- b) The expert Dietary Guidelines Working Committee advised on the accuracy of translating the above sources and activities into the Food Plate. Public consultation occurred as part of the consultation on the Dietary Guidelines. Many clinicians and academics familiar with the science and the purpose of the resource provided feedback.

The Council of National Health and Medical Research Council advised on the draft documents prior to public consultation and prior to advising on the final version of the Australian Dietary Guidelines. Council includes the Chief Health Officers of each state and territory, whose Departments provided valuable input.

- c) Yes, the Australian Guide to Healthy Eating has been twice tested with consumers in addition to the more general public consultation on the Australian Dietary Guidelines as a whole.